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*Issue
162
February
2022*

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Dean Smith

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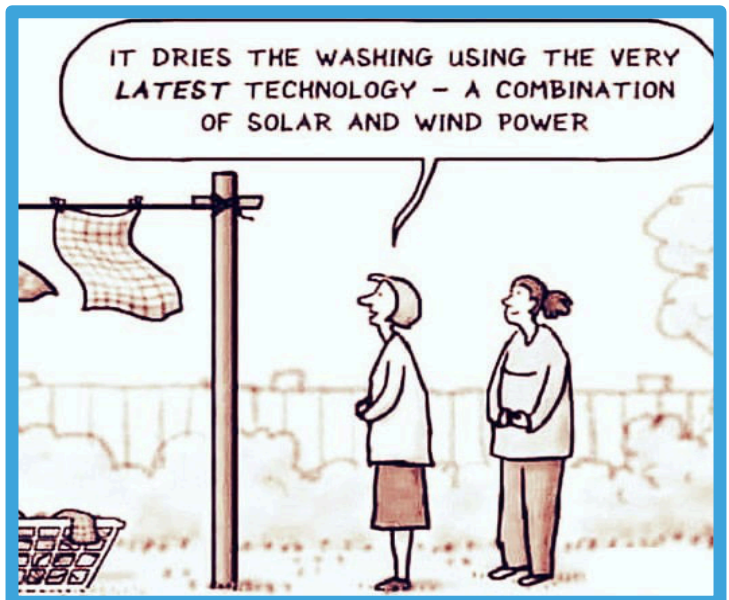
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**What do you call a priest that's also a lawyer?
A father in law.**



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Desmond Tutu

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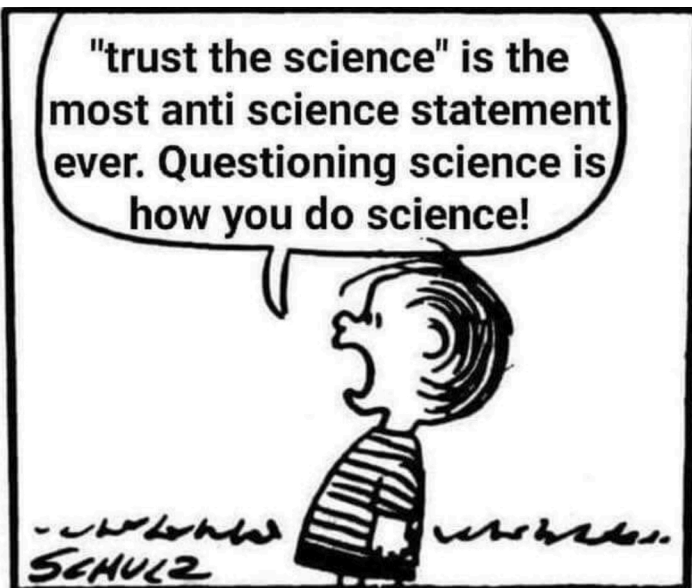
Pushing a Car

As I pulled into the gas station, I noticed a woman trying to push her car toward the pump. Having always considered myself a Good Samaritan, I parked and joined her in pushing her car.

"What are you doing?" she asked.

"I'm giving you a hand," I said. "What are you doing?" "I'm stretching before my run."

I WOULD BELIEVE A SIGHTING OF BIGFOOT RIDING THE LOCH NESS MONSTER ON THEIR WAY TO AN ELVIS CONCERT BEFORE I WOULD BELIEVE SOME POLITICIANS.



Obstacles are those frightful things you see when you take your eyes off your goal. ~ Henry Ford

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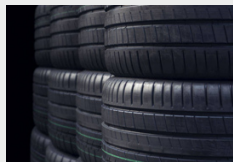
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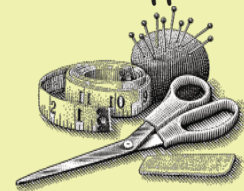
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Walter Edward Williams

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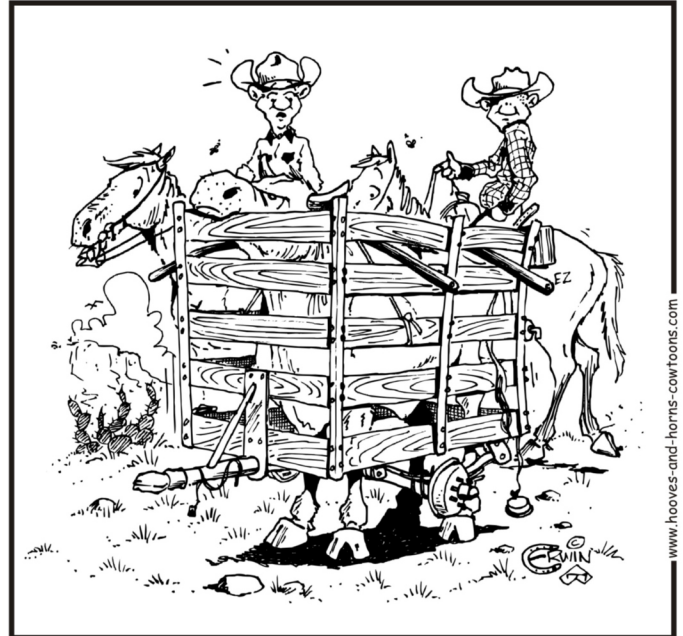
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Well J.C.
That's good.
But who
wants to
look 75
years old?



HOOVES & HORNS

BY A.W. ERWIN



"We ain't got a fence that'll hold her,...an' we figgered
we'd never git her caught an'loaded again."

You are always just one decision away
from a totally different life.

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AUNT T'S KITCHEN

DUTCH CRANBERRY-APPLE PIE

Ingredients

- 3 large apples, peeled and thinly sliced
- 1 tablespoon lemon juice
- 2 cups fresh cranberries
- 1/2 cup raisins
- 1/4 cup chopped walnuts
- 3/4 cup packed brown sugar
- 1/4 cup cornstarch
- 1 tablespoon grated orange zest
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Pastry for single-crust pie
- 2 tablespoons butter



TOPPING:

- 1/2 cup all-purpose flour
- 1/4 cup packed brown sugar
- 3 tablespoons cold butter

Directions

1. In a large bowl, toss apples with lemon juice; add the cranberries, raisins and walnuts. Combine the brown sugar, cornstarch, orange zest, cinnamon and nutmeg; add to apple mixture and toss gently to coat.
2. On a floured surface, roll out dough to fit a 9-in. pie plate; transfer to plate. Trim crust to 1/2 in. beyond rim of plate; flute edges. Fill with apple mixture and dot with butter.
3. For topping, combine flour and brown sugar; cut in

AMERICAN AS APPLE PIE

butter until crumbly. Sprinkle over filling. Bake at 350° for 50-60 minutes or until topping is golden brown and filling is bubbly. If necessary, cover edges with foil during the last 15 minutes to prevent over browning.

CARAMEL-PECAN APPLE PIE

Ingredients

- Dough for single-crust pie
- 7 cups sliced peeled tart apples (about 6 medium)
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract
- 3/4 cup chopped pecans
- 1/3 cup packed brown sugar
- 3 tablespoons sugar
- 4 teaspoons ground cinnamon
- 1 tablespoon cornstarch
- 1/4 cup caramel topping, room temperature
- 3 tablespoons butter, melted



STREUSEL TOPPING:

- 3/4 cup all-purpose flour
- 1/4 cup sugar
- 6 tablespoons cold butter, cubed
- 2/3 cup chopped pecans
- 1/4 cup caramel topping, room temperature
- Whipped cream, optional

Directions

1. Preheat oven to 350°. On a lightly floured surface, roll dough to a 1/8-in.-thick circle; transfer to a 9-in. deep-dish pie plate. Trim crust to 1/2 in. beyond rim of plate; flute edge. Refrigerate while preparing filling.
2. In a large bowl, toss apples with lemon juice and vanilla. Mix pecans, sugars, cinnamon and cornstarch; add to apples and toss to combine.
3. Spread caramel topping onto bottom of crust. Fill with apple mixture. Drizzle with butter.
4. For streusel topping, mix flour and sugar. Cut in butter until crumbly; stir in pecans. Sprinkle over filling.
5. Bake on a lower oven rack until filling is bubbly, 65-75 minutes. Drizzle with caramel topping. Cool on a wire rack. If desired, serve with whipped cream and additional caramel topping.

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**I have cities, but no houses.
I have mountains, but no trees.
I have water, but no fish.**

What am I?



dew v

SPICED UPSIDE-DOWN APPLE PIE

Ingredients

- 2 cups pecan halves
- 1/2 cup butter, melted
- 1 cup packed brown sugar
- Pastry for double-crust pie
- 1/2 cup sugar
- 3 tablespoons all-purpose flour
- 1 tablespoon apple pie spice
- 1/2 teaspoon ground nutmeg
- 6 cups thinly sliced peeled tart apples
- 2 tablespoons lemon juice
- 1 teaspoon vanilla extract



Directions

1. Arrange pecans, with rounded sides facing down, on the bottom of a 9-in. deep-dish pie plate; drizzle with butter. Sprinkle with brown sugar; press lightly.
 2. Roll out dough to fit the pie plate; place over brown sugar. Press the crust firmly against brown sugar and sides of pie plate. Trim edges.
 3. In a large bowl, combine the sugar, flour, pie spice and nutmeg. Add the apples, lemon juice and vanilla; toss to coat. Fill crust. Roll out remaining dough to fit top of pie; place over filling. Trim, seal and flute edges. Cut slits in crust.
 4. Place a foil-lined baking sheet on a rack below the pie to catch any spills. Bake pie at 450° for 10 minutes. Reduce heat to 350°. Bake until top is golden brown and apples are tender, 40-45 minutes longer. Cool for 10 minutes before inverting onto a serving plate. Serve warm.
- 5. PASTRY FOR DOUBLE CRUST PIE**
6. Combine 2 1/2 cups all-purpose flour and 1/2 tsp salt; cut in 1 cup cold butter until crumbly. Gradually add 1/3=2/3 cup ice water, tossing with a fork until the dough in half. Shape each into a disk; wrap. Refrigerate 1 hour or overnight.

APPLE-CHERRY CREAM CHEESE PIE

Ingredients

- 2-1/4 cups all-purpose flour
- 2 teaspoons sugar
- 3/4 teaspoon salt
- 1 cup cold unsalted butter, cubed
- 6 to 8 tablespoons ice water



Thank you, God for this food.
For rest and home. And all things good.
For wind and rain and sun above.
But most of all those we love.
In Jesus Name we pray, Amen.

FILLING:

- 1 package (8 ounces) cream cheese, softened
- 1-1/4 cups sugar, divided
- 1 teaspoon vanilla extract
- 9 cups thinly sliced peeled McIntosh apples (about 11 medium)
- 1/2 cup all-purpose flour
- 1 teaspoon apple pie spice
- 1/4 teaspoon salt
- 1 can (14-1/2 ounces) pitted tart cherries, drained
- 2 tablespoons butter

Directions

1. In a large bowl, mix flour, sugar and salt; cut in butter until crumbly. Gradually add ice water, tossing with a fork until dough holds together when pressed. Divide dough in half. Shape each into a disk; wrap in plastic. Refrigerate 1 hour or overnight.
2. Preheat oven to 425°. For filling, in a small bowl, beat cream cheese, 1/4 cup sugar and vanilla until blended. In a large bowl, toss apples with flour, pie spice, salt and remaining sugar. Stir in cherries.
3. On a lightly floured surface, roll one half of dough to a 1/8-in.-thick circle; transfer to a 9-in. pie plate. Trim pastry even with rim.
4. Spread cream cheese mixture onto bottom of pastry. Add apple mixture; dot with butter. Roll remaining dough to a 1/8-in.-thick circle. Place over filling. Trim, seal and flute edge. Cut slits in top.
5. Bake 45-50 minutes or until crust is golden brown and filling is bubbly. Cover top loosely with foil during the last 10-15 minutes if needed to prevent over browning. Cool on a wire rack. Refrigerate leftovers.



Treat everyone with politeness and kindness, not because they are nice, but because you are.

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TRUST

Pastor Josh and Kayla Sims

Trust, a five-letter word that is the foundation of all relationships. Relationships with friends, family and your spouse are all based on trust. What are some other areas trust is important? It is important to be able to trust your doctor and tax accountant. Trust is important in all our lives. What about your spiritual life? It can be hard to trust God at times, but God gives us reassurances to continue trusting Him. Proverbs 3:5 says, "...Trust in the LORD with all your heart, and do not lean on your own understanding." How many times do I catch myself relying on my own personal understanding of a situation all to find out later I got it wrong? The Psalmist tells us in Psalms 37:3 and 5, "...[3] Trust in the LORD, and do good; dwell in the land and befriend faithfulness." "[5] Commit your way to the LORD; trust in him, and he will act." I believe, that our Heavenly Father is saying to us today that He has everything under control, and we can take comfort in that. We will still encounter difficulties, but we can have peace in the middle of the storm knowing God is there. Do you find it hard to trust God sometimes? I know I do and that is when I remind myself of verse one of the old hymns My Hope is built on Nothing Less. ...My Hope is but on nothing less than Jesus' blood and righteousness. I dare not trust the sweetest frame, but wholly trust in Jesus' name.





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Heavy Baggage

My dear friend, a divorcee, never remarried, and her daughter wanted to know why. "The men I know would bring too much heavy baggage to the marriage and I simply don't want to put up with it," she explained. Taking her mother's hand in hers, my friend's daughter said sweetly, "I hate to break the news to you, Mom, but you're not exactly carry-on yourself."

FIND THE DIFFERENCES SOLUTION



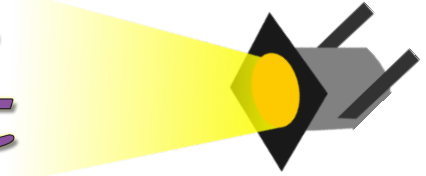
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My boss asked me why I only get sick on work days.
I said it must be my weekend immune system.

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- **URGENT CARE**
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Staying Focused On What Matters Most

By: Wallace Kennedy, Jr.



When we think about the word “focused” we think about our eyes being fixed on an object, and also, the fact of having a clear and definite purpose.

The world around us are filled with many distractions, some of these distractions are worth our time and efforts, and some of them we can live without.

There will always be many distraction on our Christian journey, some created by our own doing, and some because of a common enemy that wants to keep us out of the will of God for our life.

One of the greatest privileges we have as Christians is a personal relationship with our Lord and Savior, Jesus Christ. Spending some quiet alone time with Him, and enjoying His presence and fellowship is the most special time of a day.

First things first: We need to eliminate distractions. While we can't do away with everything, you can make an effort to reduce or get rid of as many distractions as possible:

- Set our clock to get up 30 minutes early, so we are not rushing our time in prayer, reading our Bible and meditating on what we read.
- Turning off notifications on your phone or turning your phone off altogether

- Closing the door to an isolated and quiet area in the house
- Letting relatives and friends know when you have your morning devotion, so they know not to distract you for a period of time.

There is not a one-size-fit-all, nor a cookie cutter type solution. We all can be encouraged by the words of our brother Paul:

Philippians 3:12-16 I'm not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward—to Jesus. I'm off and running, and I'm not turning back. So let's keep focused on that goal, those of us who want everything God has for us. If any of you have something else in mind, something less than total commitment, God will clear your blurred vision—you'll see it yet! Now that we're on the right track, let's stay on it. (MSG)

We cannot change what happened in 2021, However “Staying Focused On What Matters Most” will make a greater New Year in 2022.

May our Lord Jesus keep us all in His care.

Happy New Year



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4. GIVE GENEROUSLY
5. LIVE SIMPLY
6. FORGIVE QUICKLY
7. BE KIND ALWAYS



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A Young Minister

A young minister, in the first days of his first parish, was obliged to call upon the widow of an eccentric man who had just died.

Standing before the open casket and consoling the widow, he said, "I know this must be a very hard blow, Mrs. Vernon. But we must remember that what we see here is the husk only, the shell. The nut has gone to heaven."

Some modern Eskimos

use a refrigerator to keep their food warm. Well, maybe not warm, but at room temperature. Leaving it out 'in the elements' could lead to freezer burned food.

What Are Paper Towns?

Paper towns are fake towns created by cartographers, or map makers, meant to trap or catch anyone who is violating copyright protection and stealing someone else's map work. In addition to creating these paper towns, mapmakers might throw in some fake rivers and roads as well.

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You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat.

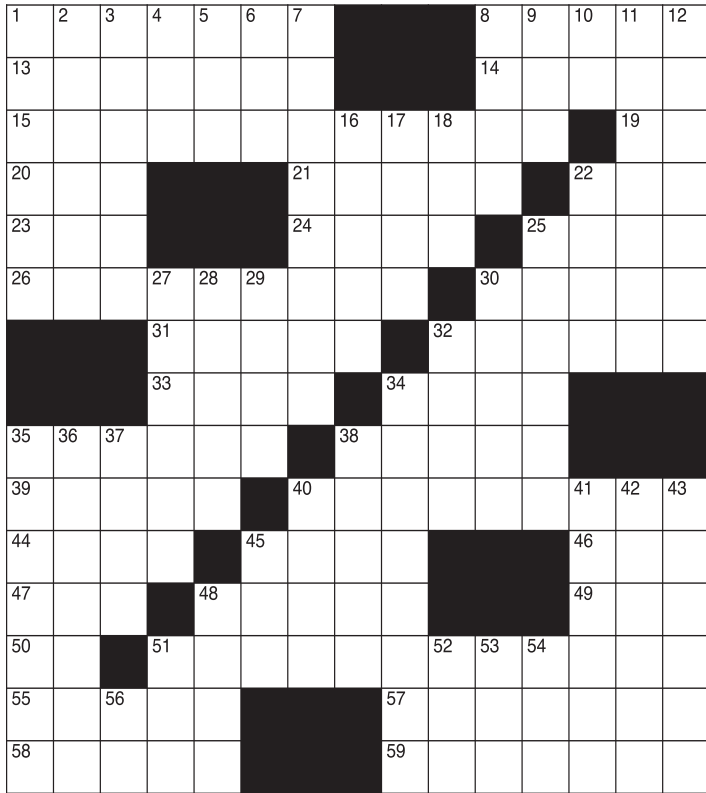
Why?

They are all married!

Once you learn how to create your own happiness, no one can take it from you,

Laughs and Lifts.com

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CLUES ACROSS

1. ___ de Mornay, actress
8. Surrenders
13. Omission
14. The white poplar
15. They become butterflies
19. Used to chop
20. Select
21. Volcanic craters
22. Consumer price index
23. Utilize
24. "True Blood" actress Paquin
25. Got up
26. Sank in
30. Retail
31. Giants
32. Most bald
33. Changes color
34. Unit of loudness
35. Undresses
38. Fathers
39. Learned skill
40. Remove qualification
44. Covered with frost
45. Speak up
46. Nowhere to be found
47. Part of surgery (abbr.)
48. Type of wrap
49. Church seating
50. Mathematical figure
51. College football conference
55. Turkish officer title
57. Organized body of knowledge
58. Smooth and glossy
59. Left

CLUES DOWN

1. Get back
2. Pass or go by
3. Having a sharp taste
4. Midway between east and southeast
5. Cairo Regional Airport
6. Peace officer
7. Brings to life
8. Automotive vehicles
9. One point south of due east
10. Football position
11. Goes by
12. Most attractive
16. Road divisions
17. Not the sea
18. Small, faint constellation
22. Cabbage
25. Least frequent
27. Change slightly
28. A country in NE Africa
29. Metric units of measure
30. More coherent
32. Make uninteresting
34. Nausea
35. Institution of Oceanography
36. Of little value
37. Hindu model of the ideal man
38. Biblical exclamation
40. You throw it at a board
41. Be about to happen
42. Brutal
43. Opened one's mouth widely
45. 19th letter of Greek alphabet
48. Saturate
51. The woman
52. Someone who is highly skilled
53. A way to launch an attack on
54. Where golfers begin
56. Atomic number 58

SOLUTION ON PAGE 29

I NEED TO BUY SOME ARSENIC

Conversation between a pharmacist and a female customer: Woman: "I need to buy some arsenic." Pharmacist: "Why do you need arsenic?" Woman: "I need arsenic because I want to kill my husband." Pharmacist: "WHAT?" Woman: "You heard me! I want to kill my husband!" Pharmacist: "Why on earth would you want to do that?" Woman: "Because he's having an affair with YOUR wife!!!" Pharmacist: "Well why didn't you tell me you had a prescription?"

These you will have to figure out . No answers here!

How can the number four be half of five?



What disappears as soon as you say its name?



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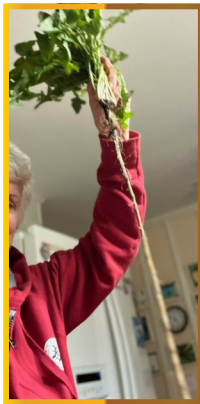
Call/Text **334-477-5623**

Claybank Master Gardeners

February 2022

Greeting Gardeners-in-waiting,

Possibly some of you are not "in-waiting", but happily raising your lettuces and green veggies, which thrive in the winter, in spite of the dormant landscape. I'm proud to say that even my dandelions are thriving, but I do cover them on freezing nights. The photo here shows the dandelion root that came up when I went to pull a few leaves (from my raised beds) for a salad. Why eat dandelions? They are **packed with nutrition due in part to their long roots which bring up the nutrients from deep down in the soil. You can dry the leaves on paper towels for a couple days on the kitchen counter and use them in tea. The flowers, stems, leaves and roots are edible (but wash off any soil first). A friend told me her family drank dandelion wine, which is not in my repertoire of favorite beverages, but then I never tried any.



In January, the Lolleys from **Mayim Farm (also on **Facebook**) gave the Claybank Master Gardeners an excellent introduction to the health benefits and how-to of fermentation of vegetables at home. Check out their Facebook page for their video on the subject.

February 14th is the usual time to prune roses and shrubs here in the Wiregrass area, zones 8a and 8b. But **FIRST, you might want to wait until after the pruning workshop being held by the **Dale County Extension** on **February 21st** from **9-10 AM**, with a work session from **10-12** at the **Ark of Oz**, focusing on Crepe Myrtles and roses. Tools will be available, but bring your **gloves**, and **alcohol** to clean your pruners. Please register at the Extension office (334) 774-2329.

What should you plant in February? The Alabama Extension Service has **an app called "**SOW**" which tells us when to plant what. Here are the suggested February crops for zone 8b: **beets, cabbage, cauliflower, collards, kohlrabi, lettuce, mustard, onions, sweet peas, radishes, spinach, Swiss chard, turnips and white potatoes.**

The Claybank Master Gardeners meet at **Hoppergrass Restaurant, 129 east Avenue in Ozark every **2nd Wednesday** of the month **at 11:00**. Check to be sure by calling the Extension Office at (334) 774-2329. Come buy your lunch, if you wish, and enjoy some friendly fellowship and learn about gardening in south Alabama.

Dee Gilbert, Claybank Master Gardener



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My wife said she'd like to have another baby...
I agreed. The one we have is starting to annoy me.

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Wacky Wordies

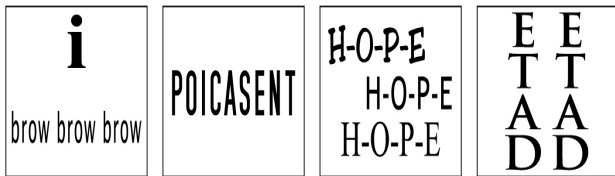
Each of the puzzles below provides a visual representation of a common word or phrase.
Can you decipher the clues in each puzzle box?



1. _____ 2. _____ 3. _____ 4. _____



5. _____ 6. _____ 7. _____ 8. _____



9. _____ 10. _____ 11. _____ 12. _____

Solution on page 25

EXERCISE

One of my friends hates exercise. To her, getting up in the morning is a moving violation.

The only exercise she get is pushing her luck, stretching the truth, and jumping to conclusions.

Although, she has been known to carry a grudge.

LONG SPEECH

A man giving a moving long-winded speech finally says, "I'm sorry I talked so long. I left my watch at home."

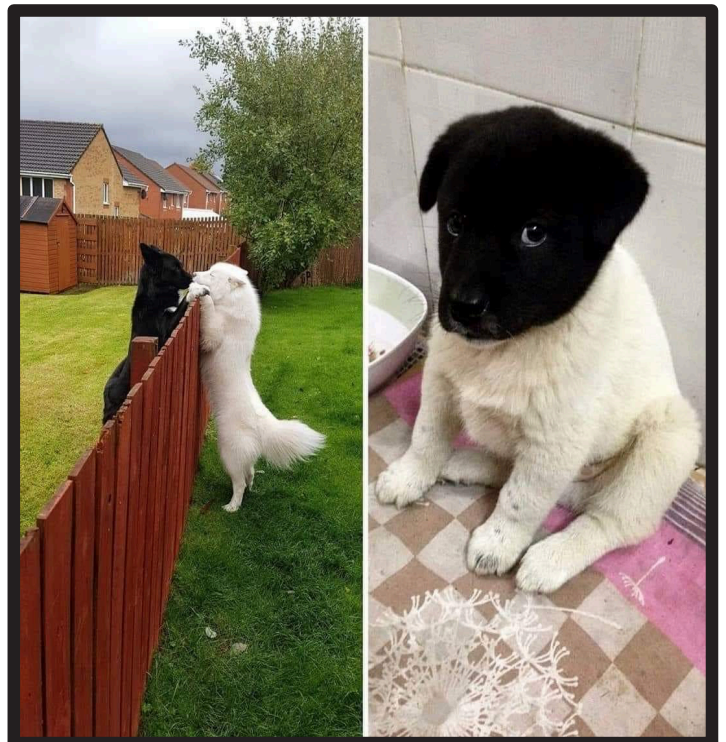
A voice from the crowd says, "There's a calendar behind you."

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It all started with a kiss





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SUPOKU

	8							
		2			6		4	
1			8	3				2
							6	7
3				1		4		
4				2				5
9	5			7	2			
			4				9	
7								1

Level: Intermediate

I speak without a mouth
 and hear without ears.
 I have no body, but I
 come alive with wind.



What am I?

An echo

Be strong,

but not rude.

Be kind, but not weak.

Be bold,

but don't bully.

Be

humble,

but not shy.

Be proud,

but not

arrogant.



"You will never reach your destination if you stop and throw stones at every dog that barks." — Winston S. Churchill

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⊙ * ☐ ☺ ☼ ~ ☾ ☽ ✧ * ✨ ✕ ✨ + ✨ ✨ ✨ ▲ ☾ * ☿ ✨ ✨ ☿ ☾ ☽ ⊕
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

CRYPTO FUN

☐ ☾ ☽ ✨ ✨ ☿ ☾ ☽ ⊕
 Determine the code to reveal the answer!

Solve the code to discover words related to heart health.
 Each number corresponds to a letter.
 (Hint: 26 = E)

- A. 4 26 6 11 20**
 Clue: Beats in chest
- B. 5 12 13 22 26**
 Clue: Rhythm of blood flow
- C. 10 23 3 8 20 23 11**
 Clue: Watch and see
- D. 10 12 22 2 13 26**
 Clue: Tissues that contract

Answers: A. heart B. pulse C. monitor D. muscle

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to heart health.

I N E S V

--	--	--	--	--

Answer: Veins

Guess Who?

I am a singer/songwriter born in England on February 1, 1994. I rose to fame in a popular boy band, and later embarked on a successful solo career. The same year I went solo, I made my acting debut in a Christopher Nolan film.

Answer: Harry Styles

HEART FUNCTION WORD SEARCH

O H B D B S T R G R P O N B M R E L X E
 V R A F S T R G X C S A U O N U O U R S
 S I R P X S I U Y P F S T B R H M U R L
 A G T B X R C S G S N N R A A O D N H U
 O H E I G E U S S M B G I L M S M H B P
 Y T R D V B S T E U F I E L B Y H H G V
 V D Y C R M P A B I E L N N P L R B E C
 E L E I U A I E X Y V S T P U C O N I I
 N N H T V H D B R P O H S M X A T O D Y
 A E T R A C M A R S L F U O E R C M D V
 C G X O G N N I I Y A T A V I D V D I B
 A Y G A P O I B T I O T P C P I N X R B
 V X I N M I Y D V R R I L F L A V R T E
 A O H L S A I V R I A E D N V C X B F U
 U Y U G I P A R U O B L S R G E P B E R
 L P D Y B L C M I A O L H E A V E U L I
 O U X I V V A M P X I C L T U B R L O P
 U V N E P V E I N I P R D T H I M A I S
 M X L G L D B Y R F I N P A V V Y O I C
 T H P I S M I H E A R T Y P P U B P R L

WORDS

- AORTIC
- ARTERY
- ATRIUM
- BEAT
- BLOOD
- CARDIAC
- CHAMBERS
- COORDINATED
- HEART
- LEFT
- LUNGS
- MITRAL
- NUTRIENTS
- OXYGEN
- PATTERN
- PULMONARY
- PULSE
- RIGHT
- TISSUES
- TRICUSPID
- VALVE
- VEIN
- VENA CAVA
- VENTRICLE

Find the words hidden vertically, horizontally, diagonally, and backwards.

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Agape Nugget

A man's gift makes room for him,
And brings him before great men.

Proverbs 18:16

The Lord gives us Gifts and Talents.

When He so Unselfishly Distributes them He
also Anoints them to work, To Make room
To accomplish what They were sent out to do.

You don't have to be like crabs in a bucket

Just Deliver The Message, sit Back and let The Anointing flow

For instance, One of my many
gifts/Talents (Pragging on God)

is Encouragement and Motivational speaking,

& Now Here we are on Laughs and Gifts

You can also find more Inspirational

stories on my Agape Ministry Facebook Page

@Melissa Stuckey

Wackie Wordies (solutions)

1. Fall over backward
2. Broken promises
3. Thin-skinned
4. He's on a short leash
5. Double talk
6. Sign on the dotted line
7. Credibility gap
8. Going against the current
9. Raised eyebrows
10. Case in point
11. Dashing hopes
12. Up-to-date

Ella and Sam opened up a deli. They had a good location but
hardly anybody came in.

One day they were looking at the store front and it hit them.

The store name was SAM AND ELLA DELI

Arthur Thieme

THE LORD IS MY SHEPARD

We live in a world today, which tries to say too much with too little. Consequently, few listen. Sometimes the best sermons are the ones left unspoken.

The Lord is my Shepherd ----- that's a Relationship!

I shall not want ----- that's Supply!

He maketh me to lie down in green pastures ---- that's Rest!

He leadeth me beside the still waters -----that's Refreshment!

He restoreth my soul ----- that's Healing!

He leadeth me in the paths of righteousness -- that's Guidance!

For His name sake ----- that's Purpose!

Yea, though I walk through the valley of the shadow of death--that's Testing!

I will fear no evil ----- that's Protection!

For Thou art with me ----- that's Faithfulness!

Thy rod and Thy staff comfort me -----that's Discipline!

Thou preparest a table before me in the presence of mine enemies-----that's Hope!

Thou anointest my head with oil -----that's Consecration!

My cup runneth over ----- that's Abundance!

Surely goodness and mercy shall follow me all the days of my life----that's Blessing!

And I will dwell in the house of the Lord -----that's Security!

Forever ----- that's Eternity!

Face it, God loves you!

TRANSFERRED

A guy was sitting in an airplane when another guy took the seat beside him. The new guy was a wreck, pale, hands shaking, biting his nails and moaning in fear.

"Hey, pal, what's the matter?" said the first guy. "I've been transferred to Los Angeles, California,"

he answered nervously. "They've got race riots, drugs, the highest crime rate in the country..."

"Hold on," said the first. "I've been in L.A all my life, and it's not as bad as the media says. Find a nice home, go to work, mind your own business,

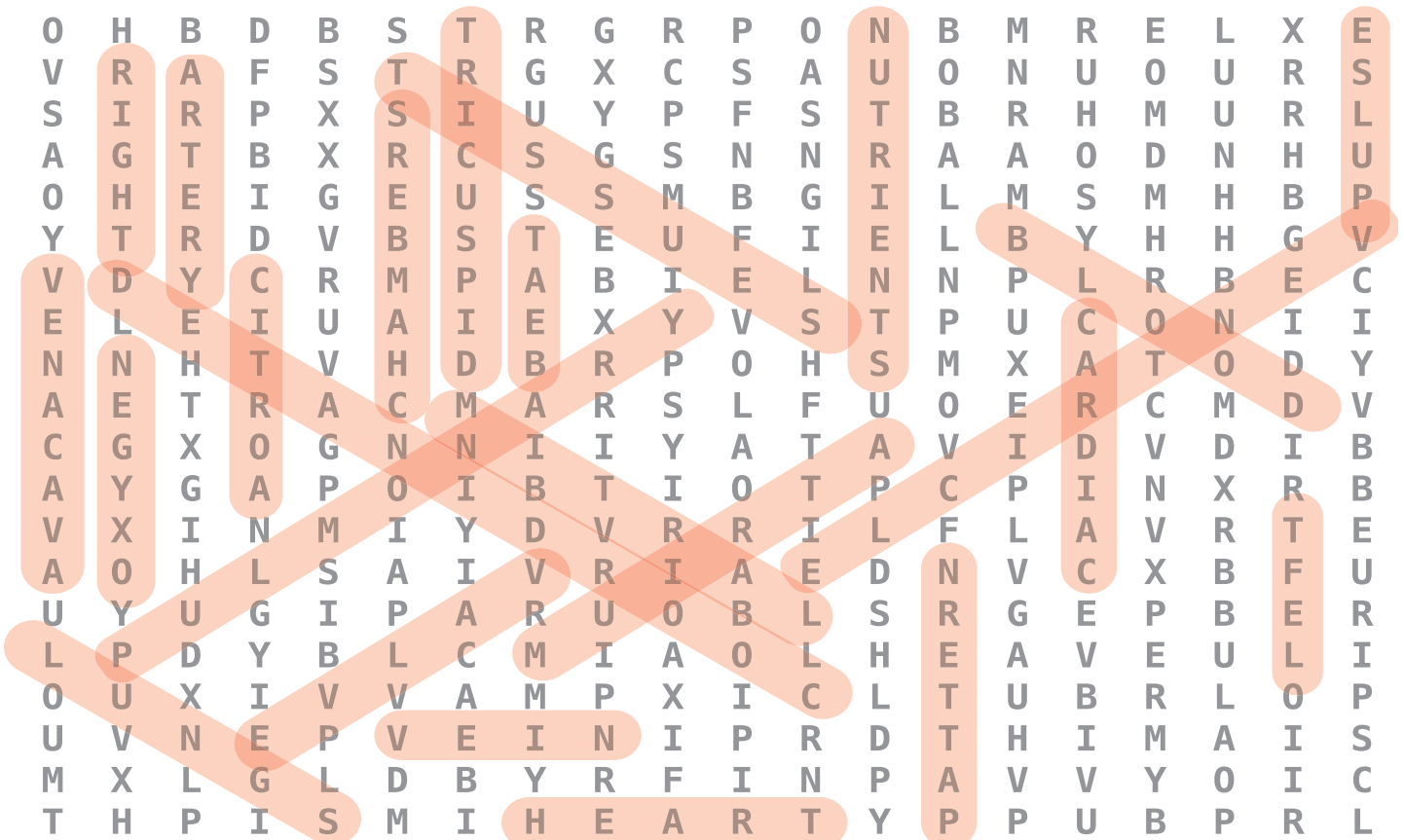
enroll your kids in a good school and it's as safe as anywhere in the world."

The second guy stopped shaking for a moment and said, "Oh, thank you. I was worried to death! But if you live there and say it's ok, I'll take your word for it. By the way, what do you do for a living?"

"Me?" said the first, "I'm a tail gunner on a bread truck."

ME: Goodbyes are so awkward.....am I supposed to give you a kiss, hug or what?
LADY AT DRIVE THRU: Please just take your food sir!

~ Andrew Anderson



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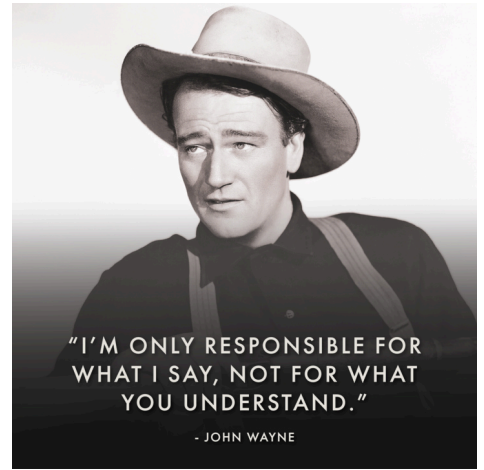
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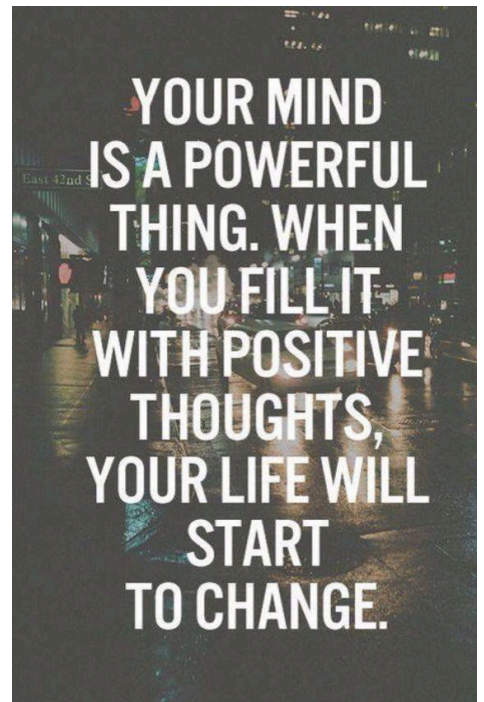
Don't forget your friends!!

They will love Laughs and Lifts!



"I'M ONLY RESPONSIBLE FOR WHAT I SAY, NOT FOR WHAT YOU UNDERSTAND."

- JOHN WAYNE



YOUR MIND IS A POWERFUL THING. WHEN YOU FILL IT WITH POSITIVE THOUGHTS, YOUR LIFE WILL START TO CHANGE.

It's not what you are that is holding you back. It's what you think you are not.
-Anonymous-

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If you are not willing to learn, no one can help you. If you are determined to learn no one can stop you.

Laughs and Lifts.com

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PUZZLES & BRAINS

9 X 9 NUMBRICKS

FILL THE GRID WITH THE NUMBERS 1 TO 81 TO MAKE A PATH IN SEQUENTIAL ORDER, GOING HORIZONTALLY OR VERTICALLY. YOU MAY NOT CONNECT THE NUMBERS DIAGONALLY.

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SOLUTION ON page 30

1								9
		34				12		
	38	33	16		18	19	20	
		32	31	28	27	26		
			30	29	68			
		44	59	60	67	70		
	48	57	58		66	71	74	
		56				72		
51								79

3		77	76		74	73		71
5		79				65		69
6			35	38	45			62
			36	37	46			
10			29	28	27			58
11		31				49		57
15		17	20		22	51		53

SUPOKU

						8	4
	2	6					
	7		1		4		9
	1		8			3	
8						4	7
3	6				9		1
				3			2
				2	9		7

	4			9			
				4	5	1	9
9			2	8			7
							9
		5		3			6
8		9	7	5		2	
4	5			6		8	
3	6				8	9	4
2		8	4	7	1		3

R	E	B	E	C	C	A			C	E	D	E	S		
E	L	I	S	I	O	N			A	B	E	L	E		
C	A	T	E	R	P	I	L	L	A	R	S		A	X	
O	P	T					M	A	A	R	S		C	P	I
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P	E	R	M	E	A	T	E	D		S	A	L	E	S	
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			D	Y	E	S		S	O	N	E				
S	T	R	I	P	S		S	I	R	E	S				
C	R	A	F	T			D	E	C	E	R	T	I	F	Y
R	I	M	Y			T	A	L	K				M	I	A
I	V	A		S	A	R	A	N					P	E	W
P	I		S	O	U	T	H	E	A	S	T	E	R	N	
P	A	C	H	A					S	C	I	E	N	C	E
S	L	E	E	K					S	E	C	E	D	E	D



1 2 3 4 5 6 7 8 9 10

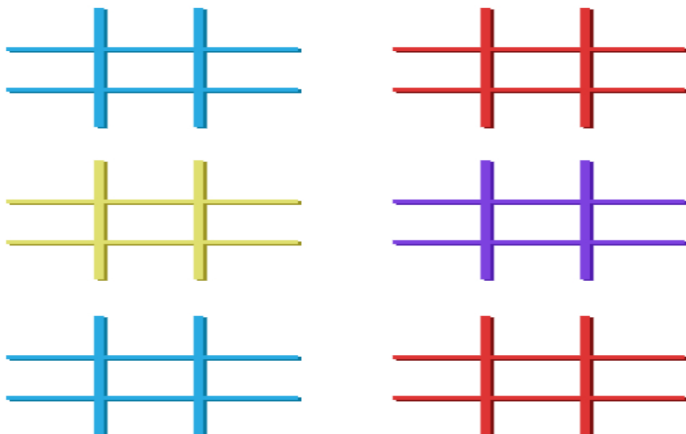
How is seven different from the rest of the numbers between one and ten?

The math nerds may start thinking about prime numbers or whether seven is divisible by this or that or if it can be cubed and all that. Avoid thinking about math altogether and think about the literal quality of the words that signify the numbers. Remember that riddles play with the differences between the literal and the conceptual, or the straightforward and the complex. For this riddle, think simple, but pivot to a paradigm separate from numbers.

Seven has two syllables and the other numbers only have one syllable.

Me ____ You ____ Ties ____

Tic Tac Toe



It's been 6 months since I joined the gym and I am yet to see any progress.

Why don't you go down there in person... to find out what's really going on.

If you think you have nothing to be grateful for... check your pulse.

Numbrix Solution

1	2	3	4	5	6	7	8	9
36	35	34	15	14	13	12	11	10
37	38	33	16	17	18	19	20	21
40	39	32	31	28	27	26	25	22
41	42	43	30	29	68	69	24	23
46	45	44	59	60	67	70	75	76
47	48	57	58	61	66	71	74	77
50	49	56	55	62	65	72	73	78
51	52	53	54	63	64	81	80	79

0909 MEDIUM 15

3	2	77	76	75	74	73	72	71
4	1	78	41	42	43	66	67	70
5	80	79	40	39	44	65	68	69
6	81	34	35	38	45	64	63	62
7	8	33	36	37	46	47	60	61
10	9	32	29	28	27	48	59	58
11	12	31	30	25	26	49	56	57
14	13	18	19	24	23	50	55	54
15	16	17	20	21	22	51	52	53

The 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window. "I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy. "Mrs. Jones, you haven't seen the room just wait." "That doesn't have anything to do with it," she replied. "Happiness is



something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged, it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away, just for this time in my life." She went on to explain, "Old age is like a bank account, you withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories Thank you for your part in filling my Memory bank. I am still depositing." And with a smile, she said: "Remember the five simple rules to be happy: 1. Free your heart from hatred. 2. Free your mind from worries. 3. Live simply. 4. Give more. 5. Expect less





Math Blocks

Fill in the missing blocks with numbers between 0-10.
The numbers in each row add up to the totals to the right.
The numbers in each column add up to the totals on the bottom.

	2		13
3	0		4
6		5	19
13	10	13	

5	8	9
1	0	3
4	2	7

Solution

THIS DAY IN...



HISTORY

- **1913:** THE 16TH AMENDMENT, WHICH ESTABLISHES A FEDERAL INCOME TAX, IS RATIFIED.
- **1917:** THE U.S. BREAKS OFF DIPLOMATIC RELATIONS WITH GERMANY AS IT ENTERS WORLD WAR I.
- **1995:** COL. EILEEN COLLINS BECOMES THE FIRST WOMAN TO PILOT THE SPACE SHUTTLE.



THIS IMPORTANT ORGAN
ALSO IS A MUSCLE.

ANSWER: THE HEART

Get Scrambled

Unscramble the words to
determine the phrase.

AHYTHEL THRAE

ANSWER: Healthy heart



PULSE

rhythmical throbbing
of the arteries as
blood moves through them

How they SAY that in...

ENGLISH: Heartbeat

SPANISH: Latido

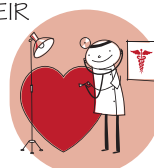
ITALIAN: Pulsazione

FRENCH: Battement de coeur

GERMAN: Puls



DOCTORS WILL CHECK PATIENTS' BLOOD PRESSURE, PULSE AND THE LEVEL OF OXYGEN IN THEIR BLOOD DURING CHECKUPS TO ASSESS HEART HEALTH.



Can you guess what
the bigger picture is?

ANSWER: STETHOSCOPE

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- ➔ Cancer Center & Hematology/Oncology
- ➔ Detox
- ➔ Emergency Dept.
- ➔ Women's Diagnostic Center
- ➔ Sleep Disorders Center



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